DANCIN F O O L

Choreography: Ron & Mary Noble, 1570 N. Kings Valley Hwy Dallas, OR 97338 (503) 623-3782
Nov - Mar 13624 East 51st Lane Yuma, AZ 85367 (928) 345-0760

Record: STAR Records No. 152 (flip “I Got Rhythm”) Rdancer@aol.com

Phase: V + 0 + 2 Quickstep (Extended Open Nat’l, Pendulum)
Footwork: Opposite, directions for man (lady as noted)
Speed 39 rpm

Sequence: Intro, A, B, C, D, Ending revised June 2002

- INTRO -

1 - 4 SD by SD LOD WAIT 2;; WALK 2; FWD LOCK HOLD;
1-2 Side by side W to M’s rt SD OP LOD no hnds joined wait 2 meas;;
SSQQ-- 3-4 Walk fwd L, -, fwd R, -; Fwd L, XRI BL, -, -;

- A -

1 - 8 CHARLESTON (twice);; CHARLESTON POINTS;; THRU HOP - TWO SIDE CLOSES - SIDE DRAW TOUCH to BFLY SCAR;; CHUG (three times in BFLY) to BJO DLW;;

SS SS 1-2 [CHARLESTON] fwd L, -, pt R fwd, -; bk R, -, pt L bk, -;

SS S 3-4 [CHARLESTON POINTS] fwd L, -, pt R fwd, -; pt R bk trng to fc with rt sway, -, -, -
QQQQ 5-8 [THRU HOP TWO SIDE CLOSES SIDE DRAW TOUCH to BFLY SCAR] thru R, hop, sd L, cl R; sd L, cl R, slide sd L, -; draw R to BFLY SCAR, tch R, [CHUG three times in BFLY] both ft fwd bending knees/slide bk straightening knees to BJO, -; fwd bent knees/bk straighten knees to SCAR, -; fwd bent knees/bk straighten knees to BJO, -;

9 - 16 BK & CHASSE – FWD;; TWO FWD LOCKS w/lf stretch - FWD MANUV SIDE CLOSE;; SPIN TRN - BK & CHASSE (BJO DLC);;

SQQS 9-11 [BK & CHASSE - FWD] (trailing ft) bk R to BJO, -, sd L, cl R; sd L, -, fwd R, -;
QQS-QS- [TWO FWD LOCKS w/lf sway] Fwd L, XRI BL (XLI FR), fwd L, XRI BL (XLI FR) with lf side stretch;

SSQQ 12-13 [FWD MANUV SIDE CLOSE] -, -, chng sway sd & fwd L, -; fwd R trng rt fc, -, sd L, cl R;

SSS 14-16 [SPIN TURN] bk L, -, fwd R, -; bk L, -;

SQS [BACK & CHASSE BJO] bk R, -, sd L, cl R, sd L to BJO DLC, -;

17 – 24 QUICK OPEN REVERSE PIVOT;; DOUBLE REVERSE – CROSS CHASSE HOP;;; FWD LOCK FWD FWD; FWD HOP – SLOW CONTRA CHK & SWITCH to the;;

SQQS 17-18 [QUICK OPEN REVERSE PIVOT] Fwd R trng lf fc, -, fwd L, sd R; bk L to CBMP, -, bk R trng lf fc to LOD, -;

SSS 19-21 [DOUB REVERSE] Fwd L trng lf fc, -, fwd R trng lf fc, -; cont trng tch L to fc DLW, -, (W (SSQ) bk R trng lf fc, -, bring L to R cont trn chng wt to L, -, fwd R trng lf fc, XLI FR,)

QQQQ [CROSS CHASSE HOP] Fwd L, -; fwd & sd R, close L, fwd R to CBMP LOD, hop; (W bk R, -; bk L, cl R, bk L, hop;) Note: The hops are optional.

QQQ 22 [FWD LOCK FWD] Fwd L, XRI BL, fwd L, hop;

QQ 23-24 [FWD – SLOW CONTRA CHECK & SWITCH to the] Fwd R, hop, fwd L in CBMP DLW, -; rec R commencing rt fc trn, -, bk L trng rt fc to LOD;

SSS 25 – 32 PIVOTS; to a RIGHT TURNING LOCK – SLOW CHAIR & SLIP;;; REVERSE CHASSE TURN - RUN 6;;;

SS 25 [PIVOTS] Fwd R pivoting rt fc, -, cont trn bk L pivoting rt to fc RLOD, -;

QQSS 26-28 [RIGHT TURNING LOCK] bk R trng rt fc, XLI FR, fwd R LOD, -; sd & fwd L DLC, -, (W fwd L trng rt fc, XRI BL; bk L, -, sd & fwd R DLC, -;)

SSS [SLOW CHAIR & SLIP] lunge thru R, -; rec L, -; slip R bk trng lf fc to CP DLC, -;

29-32 [REVERSE CHASSE TURN] Fwd L trng lf fc, -, sd R cont trn, cl L facing RLOD; bk R
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SQQS-S (SQQQSQS) trng lf fc, -, tch L beside R cont trn, cont if fc trn on R; fwd L to CBMP DLW, -, (W bk R trng lf fc, -, sd L cont trn, cl R; fwd L trng lf fc, -, sd R cont trn, cl L; bk R to CBMP, -)


-B-

1 – 8

1. EXT OPN NAT’L (SCAR LOD) – CROSS HOVER (BJO) – EXT OPN NAT’L (SCAR LOD) – CROSS HOVER (BJO);;; FWD – TELEMARK (SCP);; THRU, SIDE CORTE;

SQQQQ 1-4 [EXTENDED OPEN NAT’L SCAR] Fwd R trng rt fc, -, sd L cont trn, bk R to BJO; Bk L trng rt fc, sd & fwd R to SCAR LOD, (W bk L trng rt fc, -, sd R cont trn, fwd L to BJO; fwd R trng rt fc, sd & bk L to SCAR LOD),

SQQ [CROSS HOVER (BJO)] XLIFR, -; sd & fwd R trng lf fc, fwd L to BJO LOD, (W XRIBL, -; sd & bk L, bk R to BJO LOD,)

SQQQQ [EXTENDED OPEN NAT’L SCAR] Fwd R trng rt fc, -, sd L cont trn, bk R to BJO, bk L trng rt fc, sd & fwd R to SCAR LOD;

SQQ 5 [CROSS HOVER (BJO)] XLIFR, -, sd & fwd R, fwd L (BJO DLC);

S 6-7 [FWD - TELEMARK (SCP)] Fwd R DLC, -, fwd L trng lf fc, -; sd & fwd R cont trn, -, sd & fwd L to SCP DLW, -; (W bk L, -, bk R trng lf fc bringing L beside R, -, trn if fc on R heel & chng wt to L, -, sd & fwd R to SCP DLW, -)

SS 8 [THRU SIDE CORTE] Thru R, -, sd L DLW with If sd stretch, -;

-C-

1 – 8

1. TURNING SIDE ROCKS in 4 (RLOD);; BK LK BK; RUNNING FINISH; FWD TO A FISHTAIL – FWD;; MANUV, SIDE CLOSE; PIVOT 2 TO FC WALL;;;

SSSS 1-2 [TURNING SD ROCKS in 4] With a rt fc rotation sd R with rt sd stretch, -, cont trn sd L with If sd stretch, -; cont trn sd R with rt sd stretch, -, cont trn sd L with If sd stretch to BJO RLOD, -;

QQS 3-4 [BK LK BK] Bk R, XLIFR, bk R, -; [RUNNING FINISH] Bk L in CBMP leading W outside partner starting to trn rt, -, sd & sltly fwd R, fwd L with If sd leading to CP LOD; (W fwd R in CBMP outside partner starting to trn rt, -, sd L, bk R with rt side leading;)

SQQQQ 5-7 [FWD – FISHTAIL - FWD] Fwd R, -, XLIBR, sd R; fwd L, XRIBL, fwd L to BJO LOD, -;

S (W bk L, -, XRIFL, sd L; bk R, XLIFR, bk R to BJO LOD, -)

SQQ [MANUV, SD CL] Fwd R trng rt fc, -, sd L, cl R;

SS 8 [PIVOT 2 TO FC WALL] Bk L trng rt fc 1/2, -, fwd R trng rt fc ¼ to WALL pushing away from partner, -; (W fwd R trng rt fc ¼, -, bk L trng rt fc ¼ to fc COH pushing away from partner, -);

-D-

1 – 8

1. MAN SD CROSS – HOLD & UNWIND;; LADY SD CROSS – HOLD & UNWIND;; BOTH SD CROSS – HOLD & UNWIND;; QK TWIST VINE 4; LUNGE APT REC FACE;

QS-- 1-2 [MAN SD CROSS – HOLD & UNWIND] Man sd L, XRIBL, -, -; unwind rt fc to fc WALL, -, -; -; (W holds both meas.)

(QS--) 3-4 [LADY SD CROSS – HOLD & UNWIND] Lady sd R, XLIBR, -, -; unwind If fc to fc COH, - , -, -; (M holds both meas.)

QS-- 5-6 [BOTH SD CROSS – HOLD & UNWIND] Both sd L, XRIBL, -, -; unwind rt fc to fc WALL, -, -, -; (W sd R, XLIBR, -, -; unwind If fc to COH, -, -, -)

QQQQ 7 [QK TWIST VINE 4] Sd L to CP, XRIBL (XLIFR), sd L, XRIFL (XLIBR), -;

SS 8 [LUNGE APT REC FACE] Lunge apt L, -, rec tog R to fc, -;
9 – 16  MAN SD CROSS – HOLD & UNWIND;; LADY SD CROSS – HOLD & UNWIND;; BOTH SD CROSS – HOLD & UNWIND;; QK TWIST VINE 4; RUN 4;

9-15  Repeat meas. 1 – 7 Part D to BJO LOD;;;; ;;
QQQQ 16  [RUN 4] Fwd L, fwd R, fwd L, fwd R to BJO LOD;

17 – 24  QUARTER TURN PROGRESSIVE CHASSE;;;; FWD LOCK FWD; MANUV SD CL; BACK TWIST VINE 5 WITH KNEE LIFT & SLIDE;;;;
SS  17-20  [QUARTER TURN PROG CHASSE] Fwd L, -, fwd R trng rt fc, -, sd L, cl R, sd L, -, bk R,
QQS 21  [FWD LOCK FWD] Fwd L, XRIBL, fwd L, -(W bk R, XLIFR, bk R, -) 
SQQSS 22  [MANUV, SD CL] Fwd R trng rt fc, -, sd L, cl R;
QQQ 23-24  [BACK TWIST VINE 5 WITH KNEE LIFT & SLIDE] bk L trng rt fc, sd R, XLIFR (XRIBL),
QSS  24  sd R; XLIBR (XRIFL), lift R knee (L knee), sd R sliding to rt to CP COH, -;

- ENDING -

1 – 8  PENDULUM SWING (QQS) WITH TAP & SIDE;;;; BK, BK LK BK – OUTSIDE SPIN;;;; FEATHER FINISH (LOD);;;; RUNNING FORWARD LOCKS;;;;
QQS 1-2  [PENDULUM SWING] Cl L to R swinging R away from L, cl R to L swinging L away from R; cl L to R swinging R away from L, -(W bk R, XLIFR, bk R, -)
SQQ 3-5  [BK , BK LK BK] Bk L to CBMP RLOD, -, bk R, XLIFR; bk R, -,
SSS 6  [OUTSIDE SPIN] Cl L to R trng rt fc, -; fwd R armd W, -, bk L to DRW, -; (W fwd R heel to toe trng to rt, -; close L to R trng on toe, -; cont trn fwd R between M’s feet to DLC, -)
SQQ 7-8  [FEATHER FINISH] Bk R trng if fc, -, sd L, fwd R CBMP LOD; (W fwd L trng if fc, -, sd R, bk L CBMP;)
QQQ 9  [RUNNING FWD LOCKS] Fwd L, XRIBL (XLIFR), fwd L, fwd R; fwd L, XRIBL (XLIFR),
fwd L, -;

9 – 16  MANUV, SIDE CLOSE; HEEL PULL; RUNNING FORWARD LOCKS;;;; HAIRPIN; IMPETUS (SCP) – THRU WITH DOUBLE CHASSE (DROP HANDS);;;;;
SQQ 9  [MANUV, SD CL] Fwd R trng rt fc, -, sd L, cl R;
SS 10  [HEEL PULL] Bk L starting a rt fc trn, -, cont trn on L pull R heel toward L and chng weight to R to fc LOD, -; (W fwd R trng rt fc, -, sd L, draw R to L;)
(SQQ) 11-12  [RUNNING FWD LOCKS] Repeat meas. 7-8 of ENDING
SQQ 13  [HAIRPIN] Fwd R starting a rt fc trn, -, fwd L trng rt, cont rt fc trn fwd R to CBMP; (W bk L trng rt fc, -, bk R cont trn, cont trn bk L to CBMP;)
SQQ 14-16  [IMPETUS (SCP)] Bk L starting a rt fc trn, -, cl R to L (heel trn) cont trn, -, sd & fwd L to SCP DLC, -; (W fwd R starting a rt fc trn, -, fwr d L armd M cont trn, -, sd & fwr d R to SCP DLC, -;)
SQQQQ 17  [THRU WITH DOUBLE CHASSE] Thru R trng to fc partner & WALL, -, sd L, cl R, sd L, cl R dropping hnds;

17 – 24  MAN SD CROSS – HOLD & UNWIND;; LADY SD CROSS – HOLD & UNWIND;; BOTH SD CROSS – HOLD & UNWIND;; QUICK TWIST VINE 4; PROM SWAY – STORK LINE;

17-23  Repeat meas. 1 - 7 PART D;;;;;;
SS  24  [PROM SWAY] Sd & fwr d L trng to SCP LOD & stretching body upward looking over joined lead hnds, -(W sd & fwr d R trng to SCP LOD & stretching body upward looking over joined lead hnds, -)
[STORK LINE] Quickly rotate body if fc & look at partner, -; (W quickly rotate body if fc bringing if leg up M’s leg & looking well to the If, -)